



Profiles in Wellness



Charles Crowder

Illinois

Twenty seven years ago I decided to quit smoking for the umpteenth time. I succeeded. Since that time I have made several other changes in life style.

Both my wife and I have become more conscious of our diet in the past ten or so years. We restrict starches and high fat foods (exception is good pie).

I changed my golfing habit from riding to walking about ten years ago. Six years ago I purchased an electric golf cart that makes walking the course easier.

About five years ago four friends and I started aerobic exercise at the gym. We meet at 5:15AM five days a week and spend about thirty to forty five minutes on the treadmill and bicycle.

Three years ago I had heart valve replacement. The amazing thing about that is I did not notice a problem while working out before the operation and do not notice a change after the operation.

I am convinced as are my friends that our workouts are a very good way too start the day.